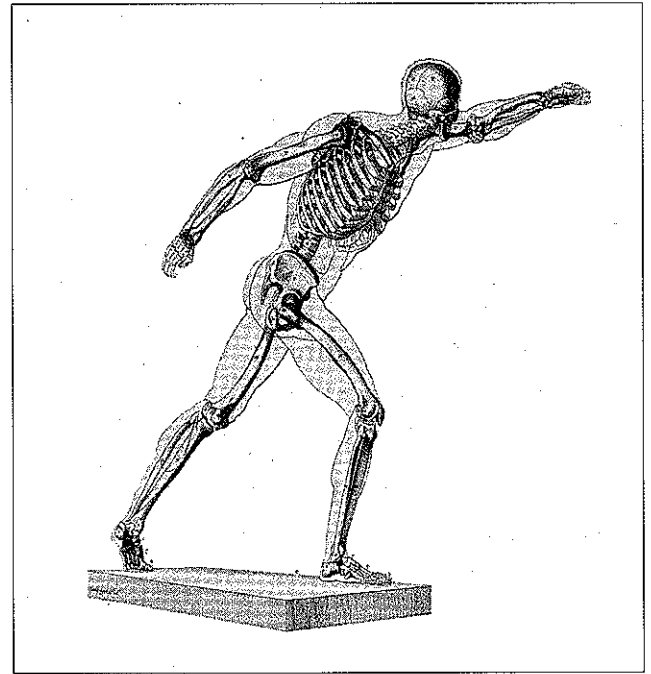


1. The Perfect Stroke

"Notice how perfect his stroke is." the swimming coach said. "You should all be this good. Notice how his weight is balanced between upper and lower body. he's tilted back to keep his momentum going froward. You never want to lean back or stop your momentum. Also, notice how his arms and legs are both stretched out to create a fluid motion. It's like flying through the air. It's a easy motion. You never want to make jerky movements. Those waste energy. Okay, now we're going to look at some films of actual swimmers. Don't forget these here example.



This sketch demonstrates the balance between a swimmer's upper and lower body. He is focused on going forward.

Find the 8 errors in this activity. There are no errors in the illustration or the caption.
